

Higher Education Learning Modules: How Did You Feel?

Boy: I was 3. I was 3 and saw one storm.

Teacher: You saw a big storm. How did it make you feel, Jason, when you saw that big storm? How did it make you feel? Come and show me how it made you feel.

Jason: Mmm.

Teacher: Were you scared? You were scared?

Jason: Yeah, I was 3 years old.

Teacher: When you were 3 years old, you were scared. And how did that feeling go away? What did you do?

Jason: I run away.

Teacher: You run away?- And where did you run away to?

Jason: To my house.

Teacher: Ah, and who was inside the house waiting for you?

Jason: Ummm, my big brother. He's named Henry.

Teacher: So Henry helped you? And after Henry helped you, how did it make you feel?

Jason: Happy.

Teacher: Happy. So that's one way that we can be -- feel better. We can go ask for help from somebody else. Did he give you a hug?

Jason: Mmm... mm-hm.

Teacher: He did. So do hugs make us feel better?

Child: Yes.

Teacher: Yeah? Thank you very much for sharing that with us, Jason. What would you like to share with us?

Girl: When I was 2, I was scared because the storm was getting closer.

Teacher: And you were feeling like this, too? And what did you do to help you feel better?

Girl: My mom helped.

Teacher: Oh, your mommy helped you. How did she help you?

Girl: She hugged me.

Teacher: She hugged you. Oh, how nice was that? Thank you for sharing that with us. Anybody else would like to share their story?

Children: Me!

Teacher: Leslie, come on over. Oh. Brian, too? Okay, you'll be next, Mr. Brian.